

HALIFAX metro®

NEWS
WORTH
SHARING.

Shocking animal-farm footage

Video showing conditions of Alta. attraction raises ire **PAGE 5**

Scores missing in Quebec train blast

Families anxiously await news of loved ones **PAGE 6**

Now we met our Mother

Indie band Mother Mother likes the sad, bleak human condition. But feel free to bop your head to the tune **PAGE 9**

FOURNIER'S TIME TO SHINE

'I'M IN THE BEST POSSIBLE SITUATION I COULD HOPE FOR,' SAYS HERD PLAYER AFTER BEING SIGNED TO THE CANADIENS **PAGE 13**



TOO HOT TO HANDLE

Metro Halifax reporter Ruth Davenport sweats as she sits in a parked car with only her window slightly down during this recent heat wave. Davenport spent 40 minutes in the car and experienced dizziness, grogginess and an elevated heart rate. If that was a dog or child, the consequences would've been much worse. Story, page 4. JEFF HARPER/METRO

Pets roasting in heat: Cops

Dangerous. Owners implored not to leave animals in parked cars as temperatures soar

Bourdages said calling police is the right thing to do if you spot an animal or child alone in a parked car, and thanked the public for being vigilant — but said it's unnecessarily tying up police resources.

"About a month ago, we had two very hot days and we had 24 calls," he said.

Dog owners often say their dog is "miserable" if it's left alone at home — but Halifax veterinarian Dr. Hugh Chisholm said that's preferable to the alternative.

"They don't sweat like we do, plus they're wearing a fur coat ... they're going to cook inside," he said.

Bourdages encouraged people to continue to call police if they see an animal in a locked car, or 911 if the animal is unresponsive.

RUTH DAVENPORT/METRO

The recent heat wave in Halifax has police fuming over the number of people leaving pets in sweltering cars, in danger of slowly roasting to death.

"We have put these releases out numerous times and people still don't get it," said Halifax Regional Police Const. Pierre Bourdages. "It is dangerous. You could kill your pet."

From Wednesday to Friday afternoon, police responded to 22 calls of animals left in locked cars. Police didn't have numbers for weekend calls.

Quoted

"They're cooking ... so even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage."

Dr. Hugh Chisholm, Halifax veterinarian

FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer without glasses or contacts.

Book a free consultation at 1-866-999-0435 or lasikmd.com

LASIK MD
VISION

Starting at \$490 per eye*



*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.



Peggy's Cove lighthouse darkened by the evening sun

Two people stand next to the Peggy's Cove lighthouse on Sunday evening as the sun peaks through the clouds from behind. JEFF HARPER/METRO

Handling the heat ... my God, the heat!

Record-breaking.

Temperatures to become more seasonable this week

EVAN
MCINTYRE
halifax@metronews.ca

With four consecutive days of record-breaking temperatures, it's safe to say summer has finally hit Halifax.

From Thursday through Sunday, temperatures rose above their previous daily records, with Sunday's high of 32 C breaking its 1999 record by two degrees. On Friday afternoon, the added humidity meant it felt as hot as 40 C.

"It's the humidity that's killing us more than anything," says Ottawa's Justin Labelle, as he strolled along the Halifax



Naia Yu, 5, and Angela Yuan, 6, of Boston, Mass., cool off with some ice cream on the waterfront. EVAN MCINTYRE/FOR METRO

waterfront on Sunday. "We're close to the water (here, so) there's a breeze."

Relief

For those who can't handle the heat, this week should be a relief.

- Environment Canada is call-

ing for cloudy skies with a chance of showers for most of the week, with temperatures in the seasonable range of low to mid 20s.

People weren't discouraged by the heat and humidity, though. Trudy Copp of Halifax took Friday off to enjoy the stifling-hot weather.

"I went to the driving range in the morning and the golf course in the evening," she said.

Others watched the delayed Canada Day fireworks on Friday night — or sat on a deck enjoying the 20-plus degree weather well into the late even-

ing hours.

However, the heat can make earning a dollar harder for some. Take Evan MacKay, who gives rickshaw tours on the Halifax waterfront.

He says this kind of heat is tiring, but "good for business."

"I don't really mind the extra hard work because people are in a better mood when the sun's out," he said. "I just drink a lot of water."

Search

Boy presumed drowned after boat overturns

RCMP continued to search on Sunday for the body of a 14-year-old boy presumed drowned after a boat capsized off the northeast coast of Cape Breton.

The Mounties confirmed five teens, aged 14 to 18, were aboard a wooden boat when it took on water and overturned in Ingonish Harbour early Saturday morning.

"It's an old wooden boat probably made more for less than the number of people that were in it," RCMP Const. Scott MacRae told The Canadian Press.

"Once it took some water on it overturned and all of them ended up going in the water and unfortunately one did not make it."

The 14-year-old boy was last seen in the water.

MacRae said the weather at the time was clear and that water conditions were "choppy but not too bad."

RCMP investigators did not believe the youth were wearing life-jackets.

A search was launched early Saturday morning that included police, search-and-rescue personnel and members of the community.

"We had in excess of 25 local fishermen involved in the search," said Lyle Donovan, the county's emergency management coordinator.

THE CANADIAN PRESS

Life-threatening injuries

Man seriously hurt after being shot outside bar

A man was rushed to hospital with life-threatening injuries after a shooting outside a Halifax bar early Saturday morning.

Police say at 2 a.m., the 22-year-old victim was leaving the Red Fox Beverage Room and Grill on Bayers Road when he was approached by a man who shot him several times.

The suspect fled the scene while the victim was rushed to hospital by paramedics with injuries police described as life-threatening.

Police didn't have an update on the man's condition on Sunday afternoon.

There have been no arrests and police are continuing to investigate. **METRO**

Yarmouth to Maine. Three bids for ferry service

Three companies interested in operating a ferry service between Yarmouth and Maine have submitted business plans to the government, Economic Development Minister Graham Steele says.

Steele said Friday that the next step is to evaluate the proposals to determine if the bidders are capable of running a viable service. The assessment will be conducted by a team from the Nova Scotia Inter-

In the running

The companies that submitted bids are Balearia Caribbean, P&O Ferries and STM/Quest.

national Ferry Partnership and government departments.

Steele said the government's goal is to have a new ferry in operation in 2014.

THE CANADIAN PRESS

Arrest. Man charged in Dartmouth bank robbery

Halifax police have charged a man in connection with a bank robbery in Dartmouth this spring.

At 3:15 p.m. on March 27, police responded to the CIBC at 56 Portland St. after a man entered the bank, threatened staff and demanded cash before fleeing with an undisclosed amount of money.

Const. Pierre Bourdages of

Halifax Regional Police said during the three-month investigation, police were able to identify the suspect.

On Thursday evening, Peter Todd Bourassa, 51, of Barton, was arrested after turning himself in to police headquarters. He is charged with robbery and wearing a disguise with intent.

METRO

Appeal. Police seek help finding missing man

The Halifax Regional Police/RCMP integrated vice unit is asking for public assistance in finding a Dartmouth man.

Armand Okur, 35, was last seen leaving his Caladonia Road home on July 2. He has not been in contact with friends or family since, which police say is out of char-



Armand Okur
CONTRIBUTED

acter for him.

Okur is described as five feet nine, 185 pounds with black hair and a black beard. He was last seen wearing baggy beige khaki pants, a dark zip-up sweater and a grey T-shirt.

Police don't believe Okur has met with foul play, but he suffers from a medical condition and requires daily medication.

Officers are asking that Armand, or anyone with information about his whereabouts, call police at 490-5016. METRO

Busted

Sackville teens charged with drug trafficking

Two teenage boys were charged with trafficking after RCMP say they found them in possession of marijuana and MDMA. A 15-year-old was arrested on Thursday night on First Lake Drive in Sackville after police seized MDMA, cash and drug-related property. Police searched a home on the same street on Friday and arrested a 17-year-old, seizing ecstasy, LSD and marijuana. METRO

Grow-up uncovered

Trio arrested after traffic stop yields marijuana

Two men and a woman are facing drug charges after a police stop in Dartmouth on Thursday night. Halifax Regional Police made a traffic stop in the 600 block of Windmill Road. A vehicle search turned up a large quantity of marijuana and cash, police say, and the driver was arrested on scene. Officers later searched a home on Rosehill Drive and discovered marijuana and a grow operation, a release says. METRO



Swing on down to the waterfront this week

Pam Barr sings with the Tuesday Night Big Band at the TD Halifax Jazz Festival tent on the Halifax waterfront on Sunday afternoon. The festival, which kicked off on Friday night, runs through Saturday, with free daytime concerts on the waterfront. EVAN MCINTYRE/FOR METRO

Paramedic dispute sent to arbitration

Strike averted. But the move could hurt NDP government

The province has stepped in to avert a possible strike by paramedics, a move that could have political implications for Darrell Dexter's New Democrats in the final year of their mandate. Labour Minister Frank Corbett said the government introduced legislation on Friday to send the matter to binding arbitration because it saw no prospect of a deal between the employer and the union that represents the 800 paramedics.

"There was no compromise, that's why we're here today,"

Corbett said at a news conference before tabling the legislation, which was passed.

"What I really have to think of here is the health and safety of Nova Scotians."

The legislature was recalled Friday in a rare summer session to debate the bill, which will see an arbitrator ask for a final offer from both parties, hear their arguments and select one of the offers. The union and the employer have 30 days to agree on an arbitrator, who then has 90 days to make a decision.

If both sides can't agree on an arbitrator, they will submit their preferences to Nova Scotia's chief justice, who will have 15 days to make a selection.

Union members repeat-

edly rejected offers from their employer, Emergency Medical Care, with 73 per cent of them recently voting against a deal that would have given them a defined-benefit pension plan, one of their key demands.

On Friday, dozens of them shouted outside the legislature accusing the NDP of stripping them of their collective-bargaining rights.

"It doesn't sit well with us as a trade union that either government or any aspect of government would take it upon themselves (to) drastically interfere with the process," said Terry Chapman, the chief negotiator for Local 727 of the International Union of Operating Engineers.

THE CANADIAN PRESS

Political suicide?

- Jeff MacLeod, a political-science professor at Mount Saint Vincent University, said the NDP could sustain heavy political damage for its handling of the drawn-out dispute, particularly with an election looming.

- "The NDP has already alienated significant labour voices within the province and they can ill afford to have any more groups disenchanted with their governance," he said.

Rower departs on cross-Atlantic journey



Mylène Paquette waves goodbye on Saturday. CONTRIBUTED

Mylène Paquette is rowing her way across the Atlantic.

After waiting two weeks for the perfect weather conditions, the Montreal ocean rower left Halifax harbour on Saturday just after 8:30 a.m.

"I've been waiting for this moment for a long time," Paquette said before

casting off.

"I hope I've thanked all those, both near and far, who have contributed to this project, whether it's my ground crew or all the people who've encouraged me along the way through my social networks. I'm taking all of you with me on my boat."

Paquette is on a solo 5,000-kilometre trip across the North Atlantic, bound for Lorient in northwest France.

If she makes it across the ocean, Paquette will be the first North American to have completed the 100-day odyssey.

METRO

When you can't take the heat

As temperatures soared in Halifax and across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter Ruth Davenport got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up ... your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."



Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less abil-

ity to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help, it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A

child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink

water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Halifax physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly as well."

space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs in Halifax and across the country have already been rescued from parked cars this summer, victims of owner ignorance or

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

separation anxiety.

Chisholm says dogs can dissipate heat only through their

tongue or foot pads, a small surface area to begin with.

There's no air movement

in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO



Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO

Video of animal farm 'horrifying'

Whistleblower. Owner of GuZoo, a roadside attraction in Alberta, says he feels violated



JEREMY NOLAIS
Metro in Calgary

Animal-rights activists are demanding the Alberta government reopen its investigation into the controversial roadside GuZoo after new footage and photos have surfaced depicting what it claims are poor living standards and safety hazards for exotic animals housed on site.

The nearly 10-minute video shows what appears to be filth in numerous birdcages and fridges, maggots crawling in a bowl of food set next to a baby lynx and other domestic cats, and at least four animal carcasses scattered outdoors among piles of other garbage.

Metro obtained the photos



Domestic cats are seen in an enclosure at Alberta's GuZoo near a food dish infested by maggots.
CONTRIBUTED/CCAAWPS

and footage from the Council of Concerned Albertans for Animal Welfare and Public Safety.

"I'm horrified," said Lexci Johnston, council vice-president. "You don't have to be an animal lover to look at baby animals in the care of able-bodied humans being presented with maggots."

Reached Sunday, owner Lynn Gustafson confirmed the

video was taken by what he suspects was a trespasser over the Canada Day long weekend. He also conceded there were maggots in the cat food and carcasses on the trash piles but chalked it up to everyday operations on a farm that's home to nearly 400 domestic and exotic animals.

"It's all bulls-t," Gustafson said, adding he suspects a visit from SPCA officials Friday was linked to the footage. "You can make anything you want out of it. I could go to your house and find something that's wrong, probably."

As for the carcasses, Gustafson claims he was going to burn them but the weather was too damp and they were kept well away from public areas.

Online

To see more photos and the video of GuZoo, head to metronews.ca



Spain

Thousands join running of the bulls

Several thousand thrill-seekers tested their bravery Sunday by dashing alongside six fighting bulls through the streets of the northern

Spanish city of Pamplona on the first day of the running of the bulls.

Despite a large crowd of participants because the run coincided with a weekend, only four people were treated for injuries and no one was gored, officials said.

THE ASSOCIATED PRESS



Revelers run and fall in Pamplona, Spain. THE ASSOCIATED PRESS



Liberal Leader Justin Trudeau makes an appearance at Alberta Premier Alison Redford's Stampede breakfast in Airdersyde, Alta., on Sunday. LARRY MACDOUGAL/THE CANADIAN PRESS

Trudeau wrangles western support at Stampede

Federal Liberal Leader Justin Trudeau popped up at an unexpected place on Sunday as he continues to drum up political support from voters.

Trudeau appeared at the annual Stampede breakfast hosted by Alberta's Progressive Conservative Premier Alison Redford.

He shook hands with Redford and the two spoke briefly before he moseyed along to shake hands and pose for photos with a throng of people who turned out to chow down on pancakes, scrambled eggs and sausage.

"You know what? There's a lot of Progressive Conservatives who don't feel at home in the approach Stephen Harper's extreme right-wing Conserva-

tives are taking and I'm glad to be meeting with anyone and working with anyone and talking about the challenges we're facing in the future," said Trudeau.

"I'm glad to have a chance for the first time to meet with Premier Redford, but I look forward to many good conversations in the coming months and years," he added.

Trudeau then dropped by another breakfast just blocks away from where Mayor Nenshi lives.

"Hey hey — how's my favourite mayor of Calgary?" Trudeau called out from behind the grill.

Startled, Nenshi said "Oh my gosh" and the two embraced. THE CANADIAN PRESS

Stampede standoff

Prime Minister Stephen Harper dropped the gloves in a speech to his annual Stampede barbecue Saturday.

- Harper said both the NDP and the Liberals would remove Canada's influence and power on the world stage, saying the NDP's ideas are "dangerous" and the Liberals' thinking "vacuous."
- "Mr. Harper is focused on me. I'm happy to focus on Canadians," said Trudeau.

scotia square **SIDEWALK**
SUPER
SUMMER
Fri. to Sat., July 5-13
SALE

*Restrictions apply; visit individual stores for details.

Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday morning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres east of Montreal — on Sunday and likened it to a "war zone."



The downtown core of Lac-Mégantic, Que., lies in ruins as firefighters continue to douse smouldering rubble on Sunday. RYAN REMIOWZ/THE CANADIAN PRESS

Throughout the day, people streamed in and out of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed

there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I

would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to

the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways have painted themselves as a strong alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude oil are expected this year, up from only 500 in 2009.

A rash of recent accidents prompted the association's president to post a recent online message, asserting that railways deliver dangerous goods "99.9977 per cent" of the time without incident.

The Quebec disaster is the fourth freight-train accident under investigation involving crude-oil since the beginning of the year, according to the federal Transportation Safety Board.

THE CANADIAN PRESS



Coup far from complete

Supporters of Egypt's ousted President Mohammed Morsi protest near Cairo University on Sunday. Feuding erupted within Egypt's new leadership as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government. NASSER SHIYOKHI/THE ASSOCIATED PRESS

Anchorage, Alaska

Air taxi crashes, killing all 10 people on board

An air taxi crashed at an airport in Alaska on Sunday morning, killing all 10 people on board, according to U.S. authorities.

Meagan Peters of the Alaska State Troopers said the fixed-wing aircraft was engulfed in flames at the Soldotna Airport before firefighters could get there. The victims had not been identified by Sunday night.

National Transportation Safety Board investigator Clint Johnson said initial reports had the accident happening as the plane took off.

Flying across the vast northern state is common for Alaska residents, despite hazards including treacherous mountain passes and volatile weather. THE ASSOCIATED PRESS

Teen victims of plane crash remembered as great students, artists

The two Chinese teenagers who died in an Asiana Airlines plane crash in San Francisco were student leaders who excelled in their studies and in the arts — one was a calligrapher and the other a pianist.

Wang Linjia, 16, and Ye Mengyuan, 17, were students in eastern China who were travelling on a summer camp program to visit universities in California, state media reported Monday.

The group included 29 students and four teachers from four schools in the city of Jiangshan. They were to visit Silicon Valley, Stanford University and the University of California's campuses in Los Angeles and Berkeley, according to the Youth Times, an official newspaper in Zhejiang province.



Asiana Airlines flight 214 just after crashing at the San Francisco International Airport on Saturday. DAWN SIADATAN/THE ASSOCIATED PRESS

Wang was class representative for three years, according to the paper. Her next-door neighbour, a woman surnamed Xia, called her "very keen."

"Every time she came home she would be studying; very rarely did she go out and play," Xia was quoted as saying. She said Wang's father proudly displayed her calligraphy and art pieces on the walls of his office.

The other victim, Ye, also was a top student who excelled in literature and was talented with the piano, singing and gymnastics. The Youth Times said Ye had recently won a national gymnastics competition and routinely received honours at her school's speech contests.

A U.S. county coroner said Sunday that his office is conducting an autopsy to determine whether one of the two girls was run over by an emergency vehicle, hastening or even causing her death.

THE ASSOCIATED PRESS

Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50% since recession ended

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: Temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants.

Combined, these workers number nearly 17 million people who have only tenuous ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four



Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to

their revenue. Some employers have also sought to sidestep the new health-care law's rule that they provide medical coverage for permanent workers.

Last week, though, the Obama administration delayed that provision of the law for a year. THE ASSOCIATED PRESS

Carney watch. Women will get the note

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations,

apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of \$50 polymer notes.

The move sparked a campaign to restore the image of



Mark Carney THE ASSOCIATED PRESS FILE

the so-called Famous Five, led in part by Calgary city council. THE CANADIAN PRESS

NEED A RIDE?

Read metrodrive every Wednesday.

101.3 THE BOUNCE **15 minutes of fame!**

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

Discovered this week:

- * Hannah from Bedford
- * Payton from Bedford

Interactive NINE@9

1013THEBOUNCE.com | Info@1013thebounce.com

HELPING YOU *Find* THE RIGHT SCHOOL



Get insider connections with schools



Compare programs, pre-reqs and costs in one place



Gain exclusive tips from experts

Get Started Now

www.SchoolFinder.com



SchoolFinder.com

UNION MATTERS OF LIFE AND DEATH

Now that the government has legislatively punted the possibility of a paramedics strike into the hands of a pick-one arbitrator—who will have to choose either the union's or management's last-best offer for wages and working conditions over the next three to five years—it's time to ask ourselves a question.

What's wrong with this picture?

Depending on who you believe—the government, the Liberal opposition, or the union respectively—Nova Scotia lost 26, 40 or 90 of its 750 paramedics in the past year or so to greener pastures, higher wages and better working conditions in other parts of Canada.

Experienced paramedics in Alberta can earn \$20,000-\$30,000 more a year than in Nova Scotia.

Even Health Minister David Wilson—a former paramedic whose government legislated the end to this strike-before-it-was-a-strike—acknowledges retaining paramedics can be “a real challenge.”



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Worse, many of those leaving are those most in demand—highly trained advanced-care paramedics who can administer the kind of life-saving medications at emergencies that mean the difference between, well, life and death.

Wages aren't the only sticker.

Union leader Terry Chapman claims paramedics who call in sick aren't replaced on their shifts, adding stress to already overworked first responders. And there is currently no easy transition for older paramedics from the pressures of the ambulance to work in collaborative-care units or emergency rooms.

“Morale,” Chapman says, “is at an all-time low.”

Apparently.

The union's last contract expired in March 2011. Since then, paramedics have soundly rejected three offers, including two recommended by their union leadership.

They rejected the most recent deal—which included a gov-

No replacements

Union leader Terry Chapman claims paramedics who call in sick aren't replaced on their shifts, adding stress to already overworked first responders.

ernment-mandated defined-benefit pension sweetener—by an overwhelming 73 per cent.

The two sides are still far apart. Management's last offer on the table called for an 11.1 per cent wage increase spread over nearly five years. The union's final demand was a 15 per cent raise over three years.

Since the arbitrator must choose only one proposal, both sides will frantically sharpen their pencils over the next few weeks.

No matter.

The only certainty seems to be that whatever decision the arbitrator makes will not drain the poison from this bargaining well.

That should concern us all.

ZOOM

March of the flamingos



MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. **METRO**

One of the greats



“To witness a concentration of birds like this, without a doubt, one of the greatest ornithological experiences in the world.”

Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive upon. **METRO**

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.



Camp 14:

Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk—who has spent most of his young life living in a labour camp—and two former guards reaffirms that behind all the goofy photo-ops and cartoonish “Juche Idea” myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son

Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Comments

RE: Ricky, Julian and Bubbles are back: Trailer Park Boys to start filming new episodes, published July 4 online

I hope it's better than the drunk and on drugs sh—ty hour. The first couple of seasons of TPBs were great, but then it was like watching a plane crash. What made the first seasons great was that you could see some truth in the struggles. It was real. When they started introducing puppets and got rid of Cory and Trevor

it all kind of went to s—t. It felt like they were drunk on set at all moments just #5%*ing around. Smart move on the director's part. The guys won't likely see a return on their investment. They should have invested in bitcoins!

Scott Rhoads, posted to metronews.ca

That's great news. My wife and I loved the originality of the show and the fact it's a “Made in Nova Scotia” product only adds to its allure!

Art West, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Mother Mother mine bright ideas from some dark places

Balancing act.

Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA
CAVALLO

Metro World News in New York

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemon, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a



Mother Mother explores the human condition in their music. HANDOUT

line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemon, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen

too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank

on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemon is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemon and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

Yo La Tengo have no plans to Fade

There are people who credit Yo La Tengo with defining the genre of indie rock. One, writer/fellow musician Jesse Jarnow, wrote an entire book about it, *Big Day Coming: Yo La Tengo and the Rise of Indie Rock*. If it's true, it's a pretty epic legacy. If you ask frontman and co-founder Ira Kaplan, however, he's reluctant to even entertain the idea.

"That's something that really does not enter into our life much," he explains, in his slow, thoughtful way. "Even the notion of indie rock is nothing I'm particularly fond of. I don't really know what it is. On a personal level, when somebody says that to me — not when someone writes it, but when

a band says that to me — it is meaningful, and I'm happy. I mean I'm proud of what we've done, and I am happy when someone finds it inspiring, but I think about it as little as possible."

One wonders if, after putting out 13 studio albums (not to mention the countless collaborations, covers and compilations,) they ever hit a creative wall. "It doesn't seem that way. Maybe our standards are too low," laughs Kaplan. "I would say that every time we finish making a record, that's pretty much the only time I think about that. You always figure, well it's got to run out some time ... but it seems to just happen that at a certain point we

all kind of know we're ready and get to work."

Fade is the most recent product of that work, and it's the trio's tightest album in more than a decade. "We did consciously make this new record a shorter record, thinking that we had made so many 70-minute records in a row, and we wanted to challenge ourselves to do something more succinct," he says.

Still, "I wouldn't use the word concession," he continues. "I wanted to know for myself that we could do something shorter. So it wasn't a concession, it was a challenge. Certainly nobody was demanding it but us."

ALEXANDRA CAVALLO



Yo La Tengo is credited with defining the indie rock genre. HANDOUT

2 SCENE

The Word

Who is holding hands with other celebrities?



STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.



• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for \$50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heart-breaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to

Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says.

"None of her friends really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Forget scotch, get naked



Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells Elle magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

YOU COULD WIN TICKETS TO THE ADVANCE SCREENING OF

FROM THE DIRECTOR OF SAW AND INSIDIOUS

THE CONJURING

BASED ON THE TRUE CASE FILES OF THE WARREN

JULY 19

VISIT **clubmetro.com** TO ENTER

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT CLUBMETRO.COM

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Thirty-five (35) Prizes are available to be won, consisting of two tickets to see an advance screening of 'The Conjuring' (approximate retail value \$26). Skill testing question required. Contest closes July 14, 2013 at 11:59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

STAYNER'S WHARF

PUB & GRILL

Stayner's and Jazz Fest Go Hand in Hand!

Featuring acts such as:

Booty Boppin Brass Band
Will Fisher Coastal Quartet
Havanafax
Charles Mingus Tribute
Bill Stevenson's Band Tribute to Ray Charles
Bucky Adams Tribute

Friday July 5 to Saturday July 13
Matinees 4PM – 7PM • Evening Shows 10PM – 1AM

492-1800 • Halifax Waterfront • staynerswharf.com

Bath time

Knee saver

Save your knees when you're giving your kidlets or pets a bath with a foam gardener's kneeling pad! You can get them for under \$10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**



Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no

matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices



Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to

be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began mid-week and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her.

She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**



The toddler roller coaster is one unpredictable ride. iStock

3 TIME

realstar management
it's your home

Ask about our
rental incentives



Spring Garden

5770 Spring Garden, Halifax
Bachelor, 1 BR, 2 BR
902-422-5254

Harbour Ridge

1663 Brunswick St, Halifax
1 BR, 2 BR, 2 BR Large
902-422-4545

Stonecrest Village

80 Chipstone Close, Clayton Park
1 BR, 2 BR, 2 BR Large
902-457-3600

Bedford Heights

40 Bedros Lane, Halifax
2 BR & 2 BR Large
902-431-8028

MacDonald Apartments

5885 Cunard St, Halifax
Bachelor, 1 BR, 2 BR
902-422-5033

Halifax Apartments

1881 Brunswick St, Halifax
1 & 2 BR, 2 BR Penthouse
902-422-5747

Daily Open House!

realstar.ca

PLAY LAND

Ride the
Ferris Wheel
AND MORE!

Metro's Place to Play
is fun for all ages!

1200 LUCASVILLE RD
HAMMONDS PLAINS

11am-6pm Daily • Weather Permitting
902 865-1025 • playland.ns.ca

Ginger-lemon marinade holds secret to tasty chicken



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds (if using); mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or

just until chicken is no longer pink inside, brushing often with marinade and rotating every 5 minutes. **ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)**

Ingredients

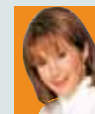
- 8 oz boneless skinless chicken breasts, cut into 2-inch (5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes
- Ginger-Lemon Marinade**
- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root (or 1/4 tsp ground)
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds (optional)



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.



Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar

This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.



Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar

This is a better nutritional treat since it contains both milk and cream, where as Haagen Dazs only has cream.

How to bring order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multi-tasking,



Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the

number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize. "Go through very quickly and try to remember that

when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with. "You say, 'I'm going to make a note of that' and go

The business of breath

Inhale. Exhale. (Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

to the next one," she says, adding that you should aim for a chunk of focused minutes of email-checking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

Fournier inks 3-year deal with Canadiens

'I never gave up hope.'

Former co-captain says his final season with the Mooseheads was the best year of his life



ANDREW RANKIN
andrew.rankin@metronews.ca

Year after year, Stefan Fournier endured the disappointment of being passed up at the NHL draft.

Each year the Halifax Mooseheads' former co-captain, who bounced around between four different teams in his five-year junior career, would quickly convert that pain into motivation.

Persistence has paid off for the 21-year-old, who signed a three-year entry-level contract on Saturday with his hometown Montreal Canadiens after a career year as an over-ager in Halifax.

"I'm super excited, you know, having been passed up on the draft so many times," said Fournier. "But I never gave up hope. I knew there was another route I would have to take to be at this point, to have my foot in the door; it's so exciting."

A few different NHL teams showed interest in Fournier, but in the end he decided on the Canadiens. After showing up at the club's development camp last Monday, it didn't take long before he made an impression on the Canadiens' brass.

"I'm a firm believer that when you're given an opportunity and you work your hardest, good things happen, and I applied that philosophy in Halifax and I came here with an open mind with the



Mooseheads forward Stefan Fournier scored plenty of goals this season for the Herd by parking himself in front of the opposing goal. JEFF HARPER/METRO

belief that anything can happen. Now, I'm in the best possible situation I could hope for."

Fournier admits he had a difficult time finding his place in the QMJHL, until his fifth and final season with the Mooseheads, which he calls the best year of his life.

In 66 regular-season games, Fournier had a career-best 35 goals, 37 assists and a plus-17 rating to go along with 100 penalty minutes. He then went on to lead the Mooseheads with 16 goals in their President Cup-clinching run.

Through the adversity he simply chose to charge on,

simple advice he'd offer to any undrafted player with NHL aspirations.

"Just keep working, that's what it comes down to, just don't stop working. Sometimes you can't listen to what people have to say."

Trailing legends

"I grew up in Montreal idolizing their players and I know there's a lot of work to be done, but I'm just happy to be here right now." Stefan Fournier

Moving forward

Habs prospect credits Moose as he takes the next step

Time will tell where in the Montreal Canadiens' system Stefan Fournier will end up next season. But he isn't looking that far ahead yet.

"I'm just going to work as hard as I can and see where the cards fall," he said.

Wherever his hockey career takes him, he says, he'll remain indebted to the Halifax Mooseheads.

"I think about (general manager) Cam Russell and (coach) Dom (Ducharme) and the whole coaching staff who inspired so much confidence in me on a hockey level and on a personal level. Going there, my first year on the team, and being named co-captain with Trey Lewis meant a lot also."

METRO

Drouin makes it official in Tampa

Jonathan Drouin has signed a three-year entry-level contract with the Tampa Bay Lightning.

The Halifax Mooseheads forward and QMJHL most valuable player was drafted third overall by the Lightning in last Sunday's NHL entry draft.

Drouin was chosen two

spots after teammate and Cole Harbour hockey product Nathan MacKinnon went first overall to the Colorado Avalanche.

Financial terms in the contract announced on Friday weren't disclosed but the maximum salary, including signing bonuses, allowed under the NHL

By the numbers

\$925k

The maximum salary per season, including signing bonuses, allowed for Drouin under the NHL collective-bargaining agreement.

collective-bargaining agreement is \$925,000 per season.

According to capgeek.com, he can also get performance bonuses totalling \$2.3 million.

Drouin, who recorded 41 goals and 105 points in just 49 games last season, was in Tampa Bay over the weekend skating at the team's annual development camp.

METRO



Jonathan Drouin throws on his new Tampa Bay Lightning jersey after being drafted on June 30.

BILL KOSTROUN/THE ASSOCIATED PRESS

4 SPORTS

Murray finally the man at Wimbledon

Tennis. Scot becomes the first British player to capture the men's title in 77 years

From the lawns of Wimbledon to the lochs of Scotland, all of Britain can celebrate.

Andy Murray made it pos-

sible Sunday, winning the hal-lowed tennis tournament to become the first British man in 77 years to raise the trophy at the All England Club.

Murray's 6-4, 7-5, 6-4 victory over top-seeded Novak Djokovic was a fitting close to nearly eight decades of British frustration: A straight-setter, but a hard-fought, three-hour, nine-minute affair filled with long,

punishing rallies and a final game that may have felt like another 77 years, with Murray squandering three match points before finally putting it away after four deuces.

Certainly, the endgame must have felt like torture to the 15,000 watching on Centre Court, the thousands more watching on a big-screen TV on the grounds and, of course, the

millions of British watching on TV.

"Imagine playing it," Murray said in his on-court interview.

But he closed it out on this warm, cloudless day on Centre Court. He put his name beside that of Fred Perry, the last British man to win Wimbledon, back in 1936.

THE ASSOCIATED PRESS



Andy Murray kisses the Wimbledon trophy on Sunday. CLIVE BRUNSKILL/GETTY IMAGES

Gold Cup

Canada coughs up point to Martinique

Fabrice Reuperné scored an injury-time winner Sunday as tiny Martinique sent Canada to a shocking 1-0 defeat at the CONCACAF Gold Cup. Canada, which had largely been outplayed for most of the game but was seconds away from escaping with a point, couldn't clear a Martinique corner kick in the dying seconds. The ball fell to Reuperné, who unleashed a screaming shot past Canadian goalkeeper Milan Borjan.

THE CANADIAN PRESS

MLB

Redmond unlikely hero in Jays victory

Colby Rasmus, Jose Reyes and Rajai Davis homered for Toronto while Todd Redmond gave up one hit over five innings for his first career win as the Toronto Blue Jays defeated the Minnesota Twins 11-5 Sunday.

Redmond was a pleasant surprise in only his second career major-league start. He didn't give up a hit until one out in the fifth inning when Claude Hicks tied the game at 2-2 with his seventh homer of the season.

THE CANADIAN PRESS



Eskimos rain on Ticats' home opener

The Eskimos' Calvin McCarthy, left, tackles Hamilton Tiger-Cats running back Lindsey Lamar on Sunday in Guelph, Ont. Edmonton quarterback Mike Reilly threw two touchdown passes and rushed for a third as the Eskimos defeated the Hamilton Tiger-Cats 30-20 in a torrential downpour. AARON LYNETT/THE CANADIAN PRESS



Get A Fresh Start!



We Finance:

- Automobiles
- RV's - Boats
- Trailers
- You Name it!
- We Refinance Outstanding Loans too...

Personal Loans:

- Travel
- Down Payments
- Household
- Improvements
- Consolidations
- Insurance Loans
- If it makes sense - We can do it!





THE PAYDAY LOAN CHAIN

- good credit - bad credit - slow credit - new credit - collections - divorce -

Refinance Your Current Loans to a Payment You Can Afford

- vehicle loans - downpayment loans - personal loans - and more -

Fast Approvals

We can often loan additional cash to eliminate your cash-flow problems

Call Us Today or Apply On-Line:

902-461-0248

www.customerfirstfinancing.ca



CUSTOMER FIRST FINANCING



CUSTOMER FIRST FINANCING

Horoscopes

Aries

March 21 - April 20

Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

Taurus

April 21 - May 21

You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

Gemini

May 22 - June 21

Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

Cancer

June 22 - July 23

Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

Leo

July 24 - Aug. 23

Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

Virgo

Aug. 24 - Sept. 23

This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

Scorpio

Oct. 24 - Nov. 22

Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

Sagittarius

Nov. 23 - Dec. 21

You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

Capricorn

Dec. 22 - Jan. 20

You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

Aquarius

Jan. 21 - Feb. 19

Go out of your way to be nice to people today. You can do it if you try!

Pisces

Feb. 20 - March 20

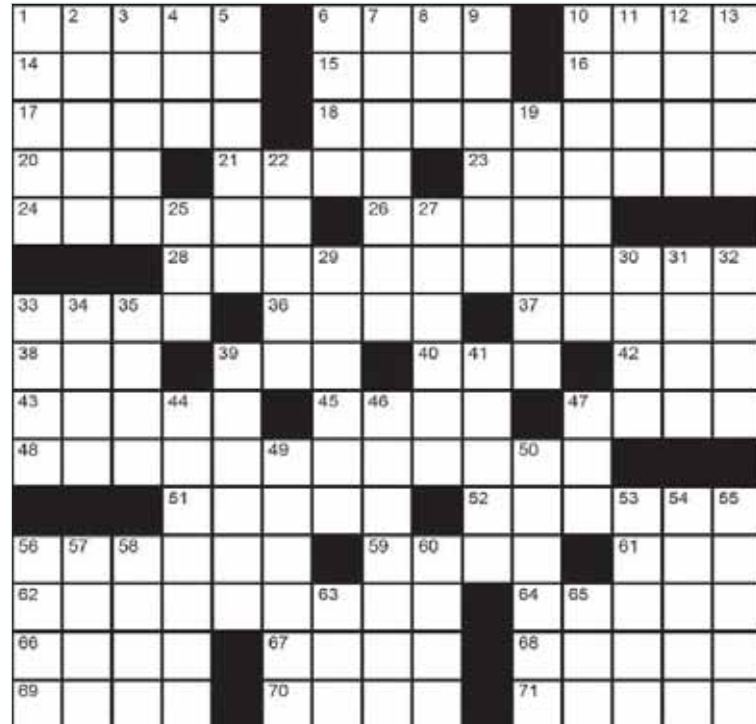
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. "Canada AM" health expert, Dr. ___ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as ___
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial ___ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, ___ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. ___-water advisory
47. Curds and ___
48. Establishment in a 19th-century town: 2 wds.
51. Music ___
52. Gives way
56. Chum
59. Seinfeld-ian



- phrase, when repeated
61. On, as a candle
62. The Halifax ___ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "___ It Bad": Tune by Usher

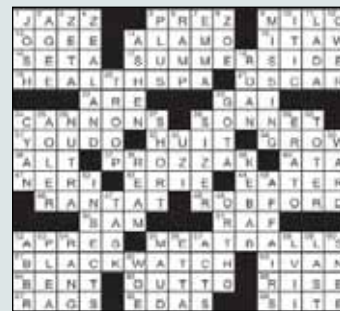
68. Egg ___ (Kitchen gadget)
 69. Business person's "Fast!"
 70. Succeed in school
 71. The States: ___ Mountains
- Down**
1. Wizardry
 2. Singer Ms. Baker

3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '___ Alogo'
6. Hockey great Phil, to fans
7. ___-cat
8. Swiss river, vari-

- antly
9. Intl. relief agency for kids
10. Opera, ___ und Isolde
11. "Take ___ a sign."
12. Nashville, ___
13. Mount of Greece
19. Clandestine

22. Region's animal life
25. Consumed
27. ___ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley ___
32. TV award
33. Performed a ballad
34. ___ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew ___ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res ___ loquitor (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword

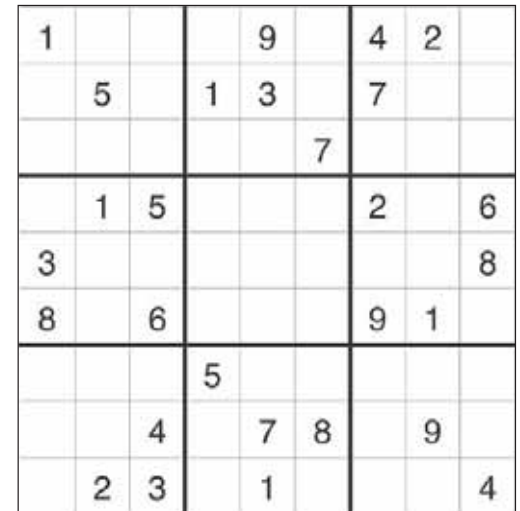


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

23°/14°

Rain

70%

Tuesday

20°/12°

Rain

80%

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2013

WATCH REPAIR CENTRE HAS MOVED!

New Location:
5656 Bilby Street
902 422 1307

Timemachinecanada.com

MoneyProvider.com

\$500 Loan and more

No credit refused

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

NEED MONEY?

✓ No credit checks

✓ Fast approvals

call 1-866-499-5629

And get cash now!!

www.mynextpay.ca

HARBOUR VISTA APARTMENTS

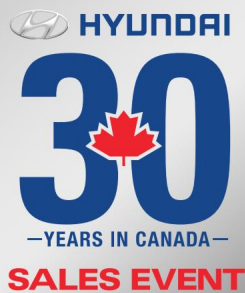
NEW BUILDING

One and Two Bedroom Apartments from \$900/Month. Includes infloor heating, h/w, balcony, 6 appliances.

Occupancy NOW to September 1st. ONE MONTH FREE RENT

5 corners near downtown. Model suite. Harbourvista Apts.

222 Portland St
809-2221
www.harbourvista.ca



Christmas in July

WITH EVERY PURCHASE OF A ELANTRA FROM O'REGAN'S DARTMOUTH HYUNDAI YOU CAN PICK YOUR PRESENT



A TRIP FOR 2 TO FLORIDA
INCLUDING PASSES TO DISNEY

OR

BONUS

7 YEAR
WARRANTY
120,000 KM
COMPREHENSIVE LIMITED WARRANTY*

OR

FREE WINTER TIRES



2013 ELANTRA GL SEDAN

BUY FROM

\$92^{*}
B/W

BUY FROM

\$0
DOWN



AIR CONDITIONING, KEYLESS ENTRY, BLUETOOTH PLUS MORE

2012 CANADIAN AND
NORTH AMERICAN
CAR OF THE YEAR



PICK YOUR PRESENT



BONUS
7 YEAR
WARRANTY

UPGRADE TO THE 30TH ANNIVERSARY PACKAGE FOR ONLY
INCLUDES : ALLOYS, SPOILER, HOOD AND BUMPER PROTECTORS, 30TH ANNIVERSARY DECAL

\$6
EXTRA
B/W

PICK YOUR PRESENT



BONUS
7 YEAR
WARRANTY

2013 ELANTRA GT

BUY FROM

\$90^{*}
B/W

BUY FROM

\$0
DOWN



*Vehicles not exactly as shown. All offers end July 31st. Pick your present only with O'Regan's financing. See dealer for details.



CANADA'S
BEST
MANAGED
COMPANIES
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaidartmouth.com